

## The Mirage Nurtures Nature, Offers Yogis One-of-a-Kind Yoga Class With Dolphin Views

12/8/2011

Downward-facing dog...er, dolphin. @TheMirageLV now offers yoga at the Dolphin Habitat. #dolphinyoga #Vegas  
<http://bit.ly/tMuuv9>

LAS VEGAS, Dec. 8, 2011 /PRNewswire/ -- The Spa at The Mirage Hotel & Casino is taking downward-facing dog to the dolphins with a new, one-of-a-kind class, Yoga Among the Dolphins, offered in a serene, underwater viewing area within Siegfried & Roy's Secret Garden and Dolphin Habitat.

(Photo: <http://photos.prnewswire.com/prnh/20111208/LA19948>)

"Guests from all over the world cherish the dolphins at The Mirage," said The Mirage Spa Director Stephanie Doud. "When I looked at adding yoga to our spa menu, it only made sense to take advantage of the property's exotic, wondrous dolphin world and the atmosphere of relaxation provided by the animals."

Access to that incredible space gives participants in Yoga Among the Dolphins a truly unique yoga experience. While seaside yoga retreats offer only the possibility of a glimpse, The Mirage is the only location of its kind offering classes that guarantee sightings of these charismatic creatures.

Starting at The Spa, yoga guests are greeted by the class instructor and escorted to a quiet and private room within the Dolphin Habitat. The underwater location features multiple windows, providing an intimate opportunity to view the resort's family of bottlenose dolphins while flowing from pose to pose. After class, spa representatives present rejuvenating smoothies and guide participants past the dolphin pools as they return to the spa.

Available Friday through Sunday at 8:30 a.m., the 60-minute classes are open to the public and can be customized to accommodate all skill levels. The cost is \$50 per person and includes use of a yoga mat, post-class smoothie and day pass for the fitness center, spa vanity, wet areas and lockers. Space is limited and guests must book in advance by calling (702) 791-7472.

For guests looking to stretch and bend like water waves, Poolside Yoga is available to the public Friday through Sunday at 7 a.m. Classes are \$40 per person and can be booked through The Spa.

For high-resolution image, please click [here](#).

### **About The Mirage Hotel & Casino**

Ideally located, The Mirage is the place to stay and play. From the iconic Volcano to the lush tropical atrium and pool, guests experience an exotic world-class destination unlike any other. The resort features contemporary AAA Four Diamond accommodations, dynamic entertainment including The Beatles™ LOVE™ by Cirque du Soleil®, tantalizing restaurants, Kim Vo Salon and Siegfried & Roy's Secret Garden and Dolphin Habitat.

SOURCE The Mirage Hotel & Casino

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